

The Senior Edition

June 2016 Volume 16 Issue 6



The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

"Let's Be Friends" 2016

20 Year Flashback...

June 1996 – The first year of the Friends of the Shrewsbury Senior Center, Inc. has come to an end. So much has been accomplished that year but it is only the beginning. The needs that were identified included: uniting seniors, resolving issues, speaking out with one voice, reflecting the needs of all seniors, recruit volunteers, fund programs and activities and provide help for all seniors.

Transportation was a most important issue. Requests could not be met with just volunteer drivers. Another van would be necessary and was a goal that they hoped to achieve. *(We now have three vans and still cannot meet the requests of everyone needing a ride!)*

Another unresolved issue was reaching out to seniors in need. As people gained confidence in the Senior Center and its Director, Sharon Yager, they were finally making their needs known. Busy Hands knitting group accounted for at least half of the funds the Friends had that first year. The treasurer reported a balance of \$1,184.07. Talk had begun about building a Senior Center in town that first year. *Now we are enjoying the results of all those efforts!*

Hope you have enjoyed the "history lesson" on the founding of the Friends this year and will take an active part in helping the Friends face the next 20 years. Much has been accomplished in the past 20 years but there is much more to be done to ensure that our Senior Center meets the wishes and needs of all Shrewsbury Seniors.

COA Transportation Service:

The Friends' article to the left explains that in June, 1996, the COA had outgrown the one van assigned to Shrewsbury by the Worcester Regional Transit Authority (WRTA)...as mentioned, although the COA now operates three vehicles, demand for transportation has outgrown the service once again. Here are some comments the COA often hears in regard to the service:

I still drive, so I can't use the service. The vans are a paratransit component of the WRTA public transportation routes in the area. Many riders use the van to avoid the hassle and cost of driving and parking for medical appointments, even though they still drive.

I saw non-seniors riding the van. As part of the paratransit system, residents under 60 who have a disability that prevents them from riding the large WRTA buses get service from the vans.

The vans are cheaper than using a cab or a service like UBER. True, but the service is very different. The van service is curb to curb, not door to door. You must call two business days in advance and there are limitations on the times and locations the COA can take passengers.

Want to learn more? The COA just updated its Transportation packet into a new booklet. Call the Senior Center to get a copy and see if the van service is a good fit for your needs!

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508-841-8640



COA/Senior Center Staff and Volunteers:**COA Board Members**

Tim Swiss, **Chairman**; Louise Russell, **Vice Chairman**; Marty Green, **Secretary**, Charles Fenno, Norma Giumentaro, Zoya Mehta and Susan Shaw.

COA Director: Sharon M. Yager

Transportation Coordinator: Cynthia M. Willis, CCTM

Van Drivers: Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Donna Messier, Tim Shaw, Russell Vickstrom

Outreach Coordinator: Walter P. Rice, LCSW

Volunteer Coordinator: Stacey Lavelly

Office Support Coordinators: Donna Messier and Miranda Watson

SHINE Volunteer: Mahesh Reshamwala

CARES Coordinator:

Dave Grillo

Village Café: Beth Murray,
Manager, 508-841-8757

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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: tgale@shrewsburyma.gov. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
July
Newsletter is June 9, 2016

**Senior Television Shows, SPAC-TV 28**

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. This month featuring **Roger Tincknell, with songs from the 50's & 60's.**

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Fri., June 3rd, 10-11am: Brain Gym

Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.



Fri., June 10th, 11:30am, Movie and Lunch: Comedy "Daddy's Home", features new stepfather, straight-laced Brad (Will Farrell) hoping for his stepchildren to love him and treat him like a dad. Things are improving until their rugged biological father Dusty (Mark Walberg) shows up and their lives change. With a "Meet The Fockers" type of humor, Dusty will have to learn what being a good dad is about while Brad fights to preserve the gains he has made as stepdad. Rated PG-13, 96 min. **Movies have limited seating. Reserve lunch for 11:00 at the Village Café for donation of \$2.50. Movie will start promptly at 11:30.**

Sponsorship for Monthly Movies:

The Friends Inc., are seeking individuals and other **Monthly Movie Sponsors!** \$80 covers the cost of the DVD purchase and refreshments for a monthly movie at the Senior Center. To be a sponsor, make a check payable to The Friends of Shrewsbury Senior Center, Inc. Sponsorship will be recognized unless otherwise requested. This will assure continuation of a social and entertaining Friday afternoon once a month. Call the Senior Center with questions or to schedule your sponsorship. Remember, you are welcome to **borrow the free DVD movies** from the large collection at the Senior Center at any time!

**Tues., June 21st, 1pm: Friends of the Shrewsbury Senior Center Inc.**

Program: This month's program features The Masters of American Theater. Local actor and actress Richard Clark and Lynne McKenney Lydick will present "Two to Tango." Come and enjoy an afternoon of quality theater, food and friendship. This program is supported in part by a grant from the Shrewsbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, along with the Friends of the Shrewsbury Senior Center, Inc.



Mon., June 27th, 9am-12pm, Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. **Advance signup is required, call the Senior Center to register.**

★ ★ ★ ★
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RESERVATIONS BEING ACCEPTED! - OPENING SPRING 2016



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for the Elderly in Central Massachusetts

**Thurs., June 23rd, 2-8pm Blood Drive:**

One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

Thurs., June 30th, 2:00pm Book Chat: For this month's Discussion please read "Book of Ages — The Life and Opinions Of Jane Franklin" by Jill Lepore. Copies are available at the Shrewsbury Public Library's Circulation desk by May 26th.

New Programs!

Senior Challenge Exercise: By popular request, Joe Fish now conducts the Senior "Challenge" exercise class twice a week. Monday's 1pm—2pm and Fridays 12:30 pm to 1:30pm. **(No class on 2nd Fridays of each Month.)**

Join the Shrewsbury Senior Center's new Walking Club: starting **Tuesday June 7th**, at 9am. Raymond Hale will lead the group and will meet at the Shrewsbury Senior Center unless otherwise noted. Be sure to wear comfortable clothes and walking shoes/sneakers. Sign up at the front desk or call 508-841-8640.

"The Complete Workout" Wed., 9:30 to 10:30:

Starting June 8th. Look and feel your best while improving strength, flexibility, and endurance. Karen McKenzie instructor, The 8 class course is \$25. Please sign up with Parks & Recreation: 508-841-8503.

Chair Massage: Mon., June 20th, 12-3pm. Licensed Massage Therapist Kathie Fontaine will be available to give massages in 5, 10 or 15 minute increments. Suggested donation is \$1/minute. Call to sign up.

Men's Support Group: See page 6 to learn more!



A big "Thank You" to **Paquette Farm** Stand at Grafton St. Shrewsbury for their donations to the Roger's Café at the Shrewsbury Senior Center.

AARP Tax Returns: During the 2016 season, the AARP TAXAIDE Program at the Shrewsbury Senior Center filed **181** federal income tax returns and answered questions for another 17 people. The AARP TAXAIDE program volunteers help low and moderate income taxpayers file their state and federal income tax returns. **We thank them for their time.**

June Free Health Events:

Please call to sign up

6/14 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

6/14 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings with Dr. Clermont and nurse Lydia.

Help on Newsletter Mailing Day!

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the June Issue is FRIDAY, June 24th at 8:30am. Come join in a fun two hours.

**Friends of Shrewsbury Senior Center, Inc.**

The Friends of the Shrewsbury Senior Center, Inc. is a non-profit organization that raises funds to support the Shrewsbury Senior Center. Please use the form below to join and support the Friends. Membership cards may be picked up at the front desk.

We want to thank everyone who bought tickets for the Friends' Lottery Ticket Raffle this year and congratulations to the winners. Your support of the Friends and the Senior Center is greatly appreciated.

Membership year is July 1, 2015 - June 30, 2016.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
 () \$20.00 Couples Membership
 () \$ 5.00 COA Newsletter mailing to non-residents
 () \$_____ Additional Donation

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Address-----

City, Zip-----

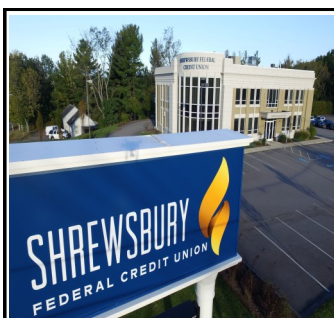
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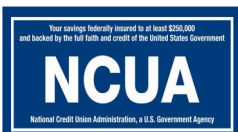
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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator



Anytime someone solicits at your home, please be wary. Especially insidious are those who just show up at your door representing themselves as legitimate driveway pavers, siding installers, or roofing professionals. The scam unfolds with the homeowner being offered "a great deal" because the would-be merchant claims to "just happen to have" extra

material left over from other jobs that will cost them if they don't sell it somehow. So, they try to convince the homeowner that, rather than absorbing a financial loss, they have "noticed" that the homeowner has a need for a new or updated driveway, siding, roof, etc. And they would be willing to deeply discount the job to at least make some money from their idle materials. Is this your lucky day homeowner? Most likely it is the prologue to a nightmare. The unwitting victim-to-be must immediately write a sizable check as a first installment if they want the "deal".

Upon further assessment, the phony contractor explains that he/she has underestimated the amount of material necessary to complete the job. The job is either started with a promise to return at a later date with the additional materials required or is not started but there is still a promise to return. In either case, the crooks never return. They cash the check while the homeowner awaits their return. All the homeowner is left with is a very hard lesson.

There are many variations on this type of scheme, one which many elderly homeowners fall victim to. Girl Scouts and the local high school band students are a good bet when they come ringing. However, before handing over a check to pretty much anyone else who arrives on your doorstep unsolicited, do your research. Ideally, homeowners make the first contact with a professional contractor they have chosen.

Despite the scam scenarios I have just described, it is more likely that a homeowner will be besieged by window salesmen. In most cases, they are legitimate. Their job, however, is to convince us that their windows can solve a problem that we may not even have. How bad are your windows? **SELCO** (Shrewsbury's municipal utility, 508-841-8500) offers a free home energy audit that can help you answer that question. It saved me from buying new windows I didn't need. Consider your local resources!

*Always call CARES or someone you trust
when your money is in question.*

Volunteer Opportunities

By Stacey Lavelly
Volunteer Coordinator
508-841-8758
June Volunteer Opportunities

After this freezing cold winter it is wonderful to see summertime! Join us as a volunteer of the Shrewsbury Senior Center and see old friends and make new ones! If you do not see anything here please contact me for a personal meeting to see what we can find to meet your second act goals!

Receptionists: Are you an outgoing person, with a flexible schedule who enjoys lots of variety? We are looking for permanent and fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the reception desk and other office duties. Computer experience is not necessary but a positive attitude and dependability are!



Senior Greeter Fill-ins: The Shrewsbury High School Greeter program is in need of fill-ins for the 2016-2017 school years. No computer experience is necessary. Please be dependable, flexible and have a friendly demeanor.



Meals On Wheels Drivers: Drivers are needed to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.

New Classes at Senior Center: Please let me know if you are interested in leading a class or group at the Shrewsbury Senior Center. We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me. I am here Mondays, Tuesdays and Thursdays from 9-3pm so please call for an interview

**What's
Your
Story?**

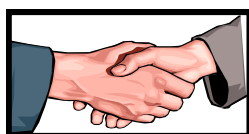
Sherwood Middle School Her Story/His Story Day: Sherwood Middle School is looking for 35 seniors to come in to discuss their memories of Shrewsbury when they were younger. This would be a great way to take a peek at the all new Sherwood Middle School. If you are interested, please contact Kelly O'Connell at Sherwood, 508-841-8670 or email her at koconnell@shrewsbury.k12.ma.us

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Seniors On The Go: For more info, please contact Dave Stevens at www.boylstonsejorsonthego.com or 508-869-6830 and you may go to www.bltofm.com. Pickup for all events are in Shrewsbury.

August 18, 2016 "Priscilla Queen of the Desert" at the Ogunquit Playhouse, Ogunquit, ME Luncheon at Jonathan's Restaurant with menu choice of Lemon Baked Scrod or Broccoli & Cheese stuffed Chicken. **Price of \$115.00 p/p includes** Transportation, Luncheon, Show, and all gratuities.

August 26 – 29, 2016 – Montreal and Quebec City. 4 Days – 3 Nights 3 Dinners, 1 Breakfast. Price of \$879.00 p/p Dbl, \$1,149.00 Single includes Motorcoach transportation, 1 night at the Holiday Inn Centreville – Montreal and 2 nights at the Palace Royal in Quebec City. Dinner at fine restaurants, sightseeing guides in both Montreal and Quebec City, Admissions to both Notre Dame & St. Anne de Beaupre, Tours of Distinction Escort, All tips for Escort, Driver & Local guides. Trip cancellation insurance available. Call for a brochure and join our group for a fantastic tour to Canada. A valid Passport is required for this trip.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at e-mail: glady2@verizon.net or 508-835-4312



Jun 25 (Sat): Crane Estate, Ipswich & Essex with lunch & a boat ride..... \$115.00

Jul 30 (Sat): Plymouth, MA Whale Watch. \$99.00

Aug 20 (Sat): Portland Maine via Amtrak, lunch and boat ride..... \$110.00

Oct 1 (Sat): Friesians of Majesty and lunch, Vermont.... \$99.00

Oct 15: (Sat) :Edith Wharton & Norman Rockwell with lunch..... \$109.00

Nov 05: (Sat): Cranberries, Chocolates, Lunch & Wine....\$92.00

Dec 11 (Sun): Stocking Stuffer Tour & Bright Nights Christmas Lights (4 seat left).... \$99.00

Shrewsbury Friends Men's Club meets every Thursday at 9:00am & meeting starts at 9:30 to 11:00am. (Note time change)



Guest Speakers will be:

June 2nd: Dr. Harvey G. Clermont, Re: Vital Signs

June 9th: Ms. Michelle Miller, Co-founder of the Central Mass. Lyme Foundation

June 16th: Luncheon (off Site)

Summer Meetings begin July 7th.

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Trip to Foxwoods Casino, Wed, June 8th, 8:00am with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. Parking spaces at the Senior Center are limited so please car pool.

Bob Zinkus 2016 Trips, call 508-757-1210 or zworcester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.



June 9 & July 14 - Foxwoods Casino - Upon arrival, receive buffet voucher and \$10 slot play. Depart 8:00AM leave Foxwoods 4:00PM....\$25 **June 26 - Sunday - Mohegan Casino** - Upon arrive receive buffet voucher and \$15 Spin On The Wheel. Depart 10AM leave Mohegan 6PM....\$25 **June 29 - Majestic Maine Cruise:** 2 hour narrated cruise of Casco Bay and its islands. Luncheon at the famous Cook's Lobster House. Choice of chicken cordon bleu - fish n' chips - lobster casserole - grilled sirloin. Visit Freeport to shop the outlets...\$91. **July 16 & 17 - Red Sox @ New York:** Terrace Level seats for 4PM Saturday game - visit 9/11 Memorial, Statue of Liberty and Ellis Island. Overnight at Homeward Suites Hotel with breakfast included...\$289 pp (dbl). **July 20 - Foster's Downeast Lobster Bake - York, Maine** - visit Nubble Light and York Village. Feast at Foster's with your choice of lobster or BBQ chicken with all the fixings - clam chowder - mussels & clams, corn on the cob - red bliss potatoes and onions - blueberry cake..\$76 **July 22 -24 - Montreal Canada** - Two nights at the Holiday Inn Express with two dinners and 2 breakfasts. Enjoy Montreal's attractions with a native guide to visit Mont Royal, Old Montreal, St. Joseph's Oratory. One night of gambling at the Casino - only 4 seats left.....\$359 pp (dbl)

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Outreach Coordinator Walter Rice, LCSW,
Call Walter to set up an appointment at 508-841-8647

Short Term 1-1 Emotional Support: Are you caring for a sick spouse or friend? Are you helping an adult child or helping to care for grandchildren? If you are a caregiver in any form, stress can be overwhelming! Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. Call to set up a confidential appointment.

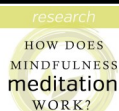
Emergency List: Although winter is gone, severe weather still happens! If you want a well-being check in the event of an unforeseen emergency which causes loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

Small Home Repair Program (SHRP): This is the season for winter clean up projects and getting ready for spring. If you need help with screens, air conditioners or fans, let the SHRP help you! PLEASE don't try to take on difficult tasks yourself, no matter how small!! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations? Being safe in your home is important. Call and explore the options that are available.

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

New: Men's Support Group

Every Friday 10-11am, This is Confidential group with the purpose to provide support regarding issues related to: Death of Spouse, Grief, Sadness, Loss, Loneliness, Marital Separation, and Divorce. Facilitator is Walter Rice, Outreach Coordinator. Please contact him at 508-841-8647.



Mindfulness Meditation Classes:

Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening

in your life. If you have concerns or questions about this group, feel free to call Walter Rice at 508-841-8647.

THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"

Drug Commercials? Be Real!



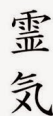
Doesn't it aggravate you to have the major pharmaceutical companies direct their advertising to you...spending half the time telling you to "call your doctor immediately if you experience..." Be real! When have you ever been able to reach your doctor by phone "immediately?" The other half of the time, the promotion describes the drug as "a breakthrough" or uses some other word that exaggerates the benefits. Of course, the actors (or sports stars) get your attention, but may not be accurate. An example is telling you that the "shingles shot will **prevent** shingles." They always end with "ask your doctor if (X) is right for you." They never mention cost (which is always substantial and not necessarily covered by insurance).

I am personally disturbed by ads for cancer drugs that blare "a chance to live longer". No mention is made about how long or the quality of that life.

I, for one, am totally opposed to this kind of advertising and upset that the medical societies are quiet about opposition. To make matters worse, the media uses superlatives to describe questionable studies or non-proven therapies. These are generally junior reporters who go on to a new "story" the next day with no idea of damage they may have done with their irresponsible reporting. We are in difficult financial times and health-care leads the way. It may be that capitalism has no place in health. Is healthcare a right or privilege?

Bottom line, never believe what you see on the internet or TV or read in the paper. Remember, the cost of a medicine before you "ask your doctor if this is right for you".

Dr. Harvey Clermont is a longtime volunteer at the Shrewsbury Senior Center and Friends of the Shrewsbury Senior Center, Inc. Vice President.



Reiki I

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. Water Rice is a Reiki Master and can provide this gentle healing technique. if you would like to

make an appointment for a FREE half hour session call him at 508-841-8647.

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Sat., June 4th 8:30am to 1:00pm: Mt Olivet Yard Sale:

Lots of treasures to be found including household items, toys, holiday decorations, books, jewelry, and much more.

No early birds please. Rain or Shine. Mt Olivet Lutheran Church, 34 Prospect Street, Shrewsbury. Questions should be directed to the church office (by phone: 842-2731 or e-mail: office_mtolivet@townisp.com).

The Happy Travelers: 2017 Trip - Paris and The Heart of Normandy River Cruise – Viking Representative will be there. We have reserved **Wed. June 22, 2016, 2:30PM – 4:30 PM** at the Shrewsbury Senior Center for our Viking River Cruise meeting. Join us to hear about this trip and any others you may be interested in.



UMass Memorial Medical Center Free Skin Cancer Screening: Sat., June 11th, 8am to Noon. Hahnemann Campus Dermatology Clinic, 4th Floor 281 Lincoln St. Worcester. For an appointment,

Call 508-334-5928 on Tuesday, June 7th or Wednesday, June 8th between 9:00am & 1:00pm. Free Parking. Walk-ins Welcome.

CELEBRATING
20 Years



"Catch the Spirit"...The Spirit of Shrewsbury Fall Festival Commemorating 20 Years! Marching into the Future!

Momentum has started to build! Committees have been busy planning since last fall to celebrate the 20th year anniversary of the *Spirit of Shrewsbury Fall Festival* to be held **September 24 & 25, 2016**. What's in store for the big celebration in 2016? Along with some surprises, look for great additions to one of the most celebrated festivals in New England! Don't get left out in the cold. Join the events that will be occurring during the festival, such as the 5K Road Race, Craft Fair, Kids Got Talent, Town Expo, Shrewsbury Historical Society Tour, Cruzzin' Dreams Car Shows, Lake Quinsigamond Classic Boat Show, Pancake Breakfast & Fishing Derby, Over 90 Tribute Tea, as well as the ongoing Dancing/Musical Fountains at Dean Park and the Scarecrows on the Common. **Join us for a fun weekend.**



Some Senior Benefits: The lifetime America the Beautiful Parks and Federal Recreational Lands Pass is available to seniors for \$10 at any National Park Site and may be used by its owner at more than 2000 locations managed by five federal agencies.



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News from SHINE

Ed Roth, Regional SHINE Coordinator

Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include: Colorectal cancer screening (including colonoscopies), Mammograms, Pap tests and pelvic exams, Prostate cancer screening, Depression screening, Bone mass measurements, Cardiovascular screening, Flu and pneumonia shots, Obesity screening and counseling, Alcohol misuse, Screening and counseling.

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.



CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**


Fri., June 17th, 12pm-1pm Representative Kane will hold June Office Hours at the Shrewsbury Fire Department, 11 Church Rd., Shrewsbury. Representative Kane looks forward to these monthly meetings and encourages constituents to attend the office hours and share their questions or concerns with the Representative first hand. No appointments are necessary and meetings occur on a first come first serve basis.

Monthly On-Going Activities

June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 11-1:00 SSC Club (Bingo) 11:30 Whist 1:00 - 2:00 Senior Challenge Class 2:00 - 3:30 Current Event Group 	8:00 - 9:00 Tai Chi Beginner 9:00 - Walk Club (new) 9:00 - Bocce (outside court) 9:00 - 12:00 Piano Lessons 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every1 12- 4:00 Duplicate Bridge 1:45-3:15 AIEI Art class w/Elaine 2:00 Men's Billiards	8:30 - 9:15 Tai Chi advanced 9:00-11:30 Roger's Coffee Shop 9:30-10:30 Complete Workout** 10:00-12:00 Scrabble Group 11:00 Yoga 12:00 - 1:00 BP/Weight Screening 12:30 Bridge 1:00 - 2:00 Mindfulness Meditation 1:00 - 2:00 Pilates 1:00 -3:30 Whist	9:00 - Bocce (outside court) 9:00 -11:30 Roger's Coffee Shop 9:00 -11:00 Friends Men Club 10:30 -11:30 & 12:00 -1:00 Open/Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:30 -1:30 Senior Challenge (new) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00 - 3:00 Exercise for Seniors 

****Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503**

<i>The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated.</i>				
6	7	8	9	10
Beef w/Jardinière Sauce	Van Trip: Walmart 9:30 Friends Inc. Board Mtg. 9:00 Walking Club meets Hot Dog on a Bun	8 8:00 - Trip to Foxwoods 10:00 COA Board Meeting Stuffed Shells	Pork Rib-i-que	10:00 Smoothie Workshop Cracker Crumb Fish
13	14	15	16	17
Beef Burgundy	10:00 Neuropathy Workshop 1:00 Hearing Screening Chicken Parmesan	Wild Alaskan Salmon w/Dill	Swedish Meatballs	American Chop Suey
20	21	22	23	24
 12:00 - 3:00 Chair Massage Cheese & Spinach Omelet	Van Trip: West Meadow Plaza 1:00 Friends Inc. Program Roast Turkey w/Gravy	2:30-4:30	2-8:00 Red Cross Blood Drive	8:30 Newsletter Mailing
27	28	29	30	
9:00-12:00 Legal Clinic	Meatloaf & Gravy	Macaroni & Cheese	Spaghetti & Meatballs	Lemon Thyme Chicken
Greek Chicken	PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and events.			